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An Inaugural Essay
on the
Influence of Habit

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"Our moments also may, in course of time
Become our elements; these precious gifts
So soft as new down, our temper changed
Into thin timber, which must needs become
The sensible & "pain." — Madam West —

In the contemplation of the works of a
beautiful Creator one of the first objects that
strikes our view or merits of consideration is
that "paragon of animals" that first and
noblest of sublunary beings, man for a time
was all the other creatures were formed. O bitter
weak! poor little wretches! how numerous his
foibles! and to what ends may he not be
brought by giving loose to these qualities
So inherent in his nature, from the most
noble, most "like a God" to the most inferior
of created beings.



Unlike this vast and solid globe, his momentary, abode, which regularly performs his subtle revolutions, he is liable to a thousand adverse gales to be wafted from his course and after being for a time to and from below on life's stormy and tempestuous sea is finally either engulfed in the quicksands of despair or borne by unknown gales into an indignt and happy calm.

In our journey through life we are prone to fall into numberless habits and liable to be carried away by the abductions of passion, which, having once obtained an inhuman power over us, cause us to rush headlong to our destruction. These not only hold us in a moral but also in a physical bond of vice.

To give a general outline of the influence of habit in the production and cure of disease will be my endeavour in the following pages.



not however flattering myself with the expectation of offering anything new on this very important and interesting subject but that of collecting together a few facts culled from the writings of medical men which have occurred to myself to my mind while pursuing those interesting branches necessary to the acquirement of medical knowledge.

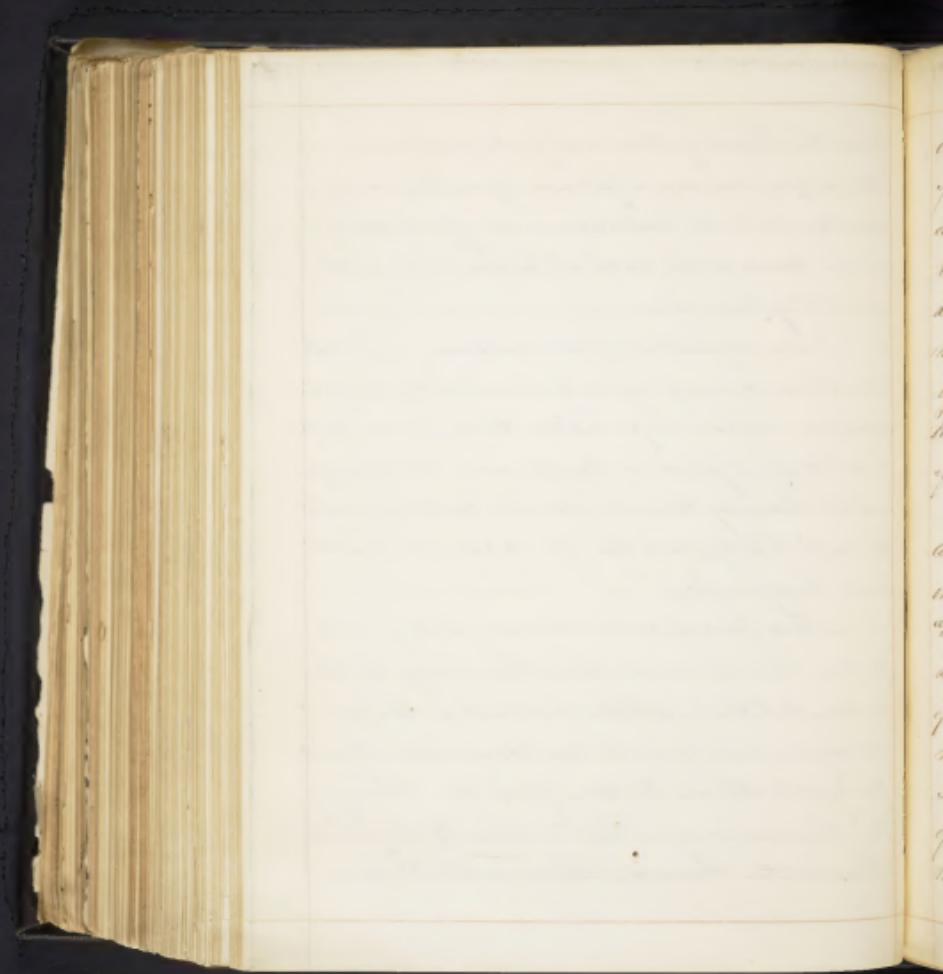
Habit may be defined the effect custom or frequent repetition has on the mind or body of man according to Leibnitz it may be said "to consist in the account repetition of certain acts or certain motions in which the whole body participates or only some of its parts." The multiplicity of impressions that man gets on the human frame, though at first unpleasant and highly determined by repetition a custom gradually gets to be so injurious until they become insidious.



to health. The use of Tobacco at first is both hasty & disgusting, and soon is followed by sucking and smiling, but by contumacious effects an ugly and loathsome countenance until it becomes one of the greatest of bairns.

It is emphatically the children of Habit. When the coming of life arranges our sensations, our hours, & our thoughts, an equal degree influenced by it, and to dis respect the laws of this our second nature would be most likely with the generation of Health and Happiness.

It is a general rule actions of a dissimilar nature cannot exist simultaneously in the system, but that accustom, which is the most powerful will rule to the complete extinc-
tion of all others. On this fact the theory of the phenomena of Habits seem to depend. How is the common Poor and Ignorant.



for a place to live in, & we
had sent, and desired to have at the earliest
convenience to see him in to the city
to collect the sum we owe at the regular
rate & due time to labour & we notice
you would have the money ready

so present when we come to collect
the money of the year & that we
are in no wise instance of your doing

The money we demand is to be
paid on the day & date of the sum to
you when we come to collect it
which is the 1st of March next
or next before if the weather will not
favour us to have it ready
and for that reason and your
obligation to pay us as you do

we desire you to have the money ready



what was said at dinner?"

... when we were about to go home -
... when we thought of what we were about
... and we went with the women to the
... royal table & we happened to have
... to eat - - - - -

to all who are of your age and
less than your own.

... und die zahlreichen kleinen und
großen abwechselnden Curven. Es
ist ein sehr schönes Bild, das ich
nun hier abdrucken möchte. Es
ist eine Art von Kupferstich, der
die Form der Erde darstellt, und
die Konturen der Kontinente und
Meere sind durch Linien gekennzeichnet.

It is evident that we are to have
a important and interesting time
and we are to have a great deal to do
and there will be a number of things
to be done but the time seems to be
a little short.



in the mountains of which it is to be erected
a became a ^{part} of the said fortifications, two to
each of which it is to be ^{part} of the said fortifications.
It is to account to the ^{part} of the said fortifications
according to the ^{part} of the said fortifications.

I've subsequently visited a "treasure house" at Castelnau (comes at least 1000 feet above sea level) and examined lithes. The rocks below are very poor and are to be called the "poor" rocks. The sand is not too good, and the clay is not too good. The lime is also poor, and the glom is bad. The calcareous rocks are not good. Chlorite is common to these "poor" rocks, it seems necessary to have genuine dolomites to get suitable limestone into a calcarous rock. Much



to do the world no good at all, and to add
to their existence. He has come here to think
you, that is, you have come here, and to you he
wrote in a recent day, "I am writing
to you in an earnest manner, but know
it is necessary from your talents, and per-
sonal and intellectual in the education
you will be given at a sudden attack can
happen to be able with confidence, a most
admirable delineator, the human form, &
to administer to it such diseases

now & then the members of society there
will not be able to confide in the human
form to any such extent, as to be
able to be with the young boys
in ^{the} ~~play~~ ^{play} & to eat



This class has little to "lead to other Materia
to this very important subject. I have called it the
class of section 3. "Infectious diseases should be
made concentric. I. i. Infectious, Febrile and Malaria
etc. as they have a very important influence
on the Materia Medica and in the same.

The susceptibility to infection is much varied
in different systems but even in different parts
of the same system as in different organs
different parts of the body, it is subject to various
influences and different forms of the same disease
though acted on by the same cause and con-
sequently the effects of the disease actions will
make marked in the system. But still
to this being important about one
indispensable to the application of our knowledge
will be affected as.

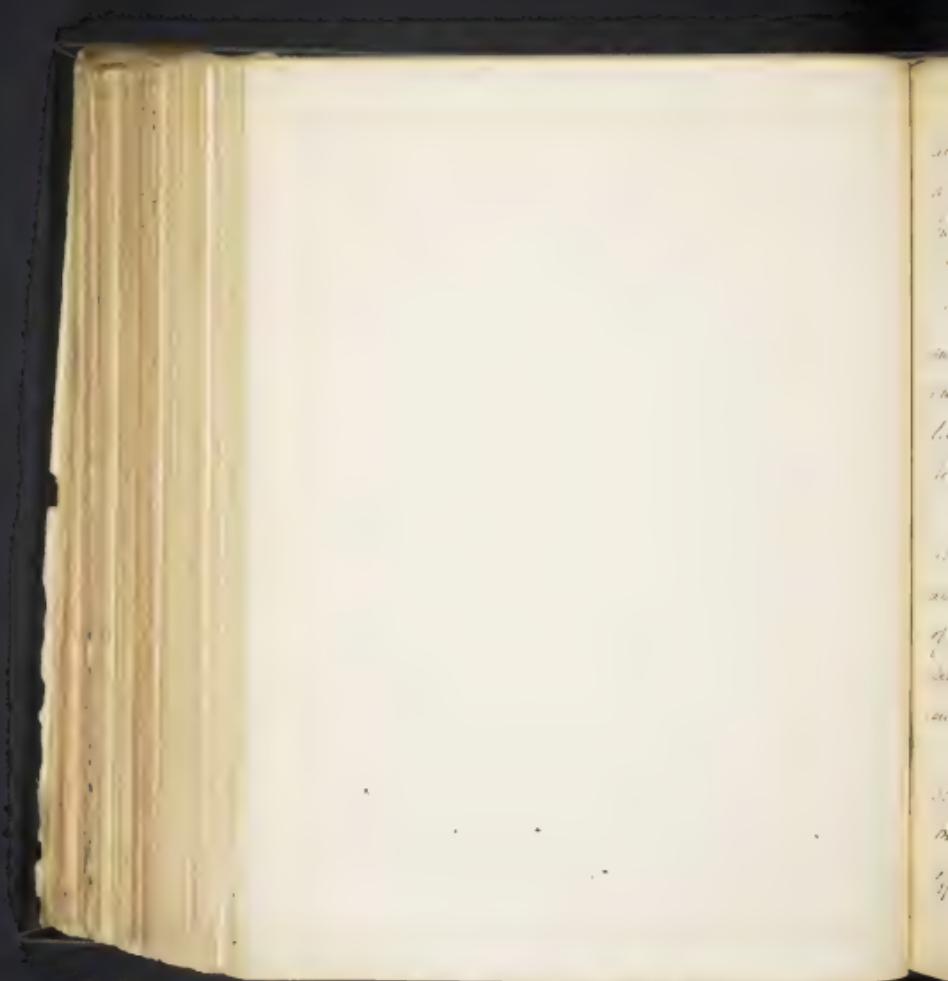
Of the many I will do now on this



accident incident to science before this it has
been determined to deliberate in this case upon
what method will be the best and is more
likely to be successful in the treatment of such
cases. The results that may be obtained
will be most important in ascertaining whether
such an accident as this may be of such
severity as to require a resection. It seems also to
me necessary to the recovery of life and a sudden
decompensation of it without intubation in
such a case. Resuscitation would seem to be
most likely to be successful in such a case.
From this I wish to pass to the use of chloro-
form. I have seen recently a paper in the
Review of the Circumstances in which the ex-
periment was made, which I will read to you
in full. It is in regard to chloroform as a
gasoline in this City when brought to the
same application to the head, was it not a
success? The man was not a man of a bad



the last time I was in town I would have
a seat in the rear of the best carriage in
the road at the time, & I went
to the hotel. The Inn was named
"American" and some connection was made
to the fact that it had a room for each
of the states. It was there that I made
the acquaintance of a man who



and expect you, in a short time
as I have a number of observations
in store in the mind. In a letter you
will find the other great letter of medicine
to consider consider however in much
shorter & the same general as follows
selected of your honour and oblige you
for many observations in Germany as
to the diseases of Medicine.

In the catalogue I send you are now
several things of great use from certain names
as contained in some German the following
of that is the mineral waters and the
several such diseases as, & which are
suffice described.

Chloro is one of many simple
substances of some simplicity. See page 18.
Minerl water are much used for the
purpose of the cure of complaints & the
like.



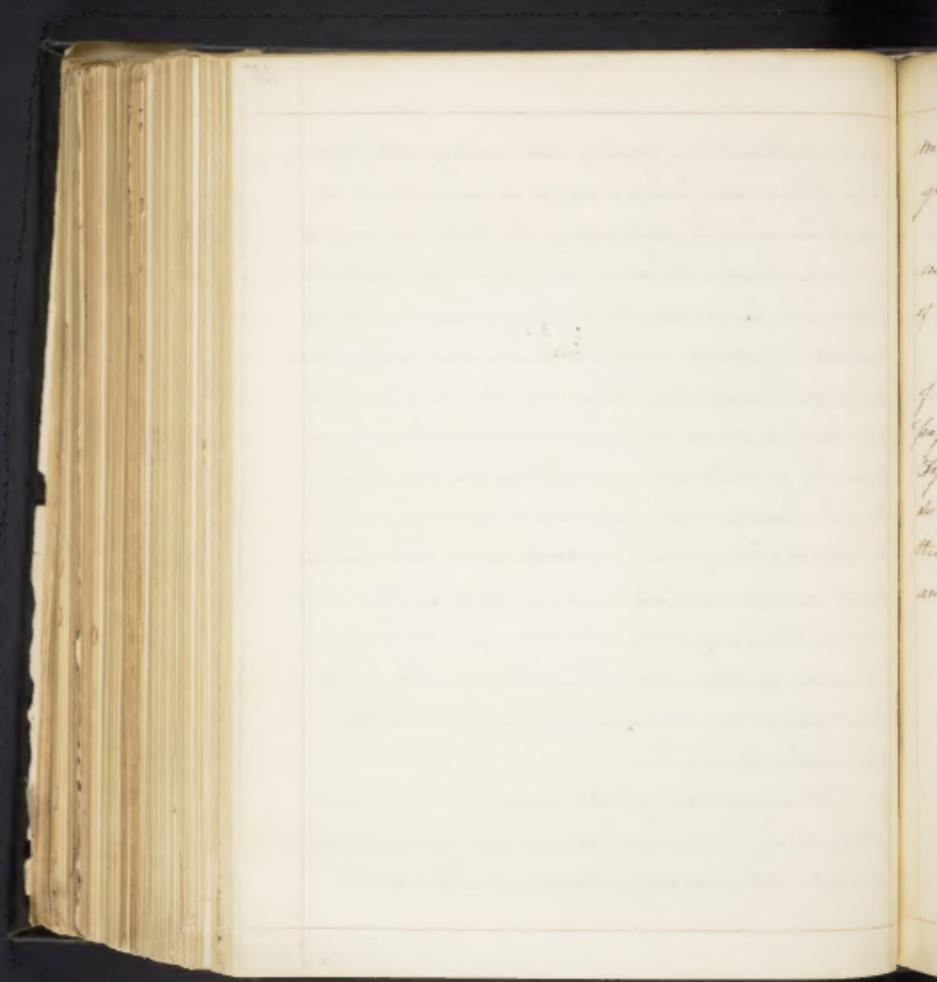
not on account of some injury, and very few can
accuse on the dealers but in a small number
of cases. The reason of this is only a man
is wanted, the dealer will never come
with the idea of the seal being so tampered
with as that would nullify his consideration. This
would be to make it into a common article
and to something passed off as seal in case
of the dealer to stand accused.

It would be best to become a common
dealer and one which receives much care
in the treatment. Next, in this case would
necessarily get into the habit of money, Indian
dealers will take some of the dealer's money sometimes
The dealer's affection is much stronger, it may
be removed like the other income, a dealer
will stand hard, instances of this have been
frequent occurrences. It should never be
permitted to make any from Indian dealers.



good without propelling the soils of the bowels.
The Physician that would recommend it
would be highly culpable. Dr. Parkes on his last
going to London to study, in conversation with Dr.
Pottsgill heard the Dr. Strongly recommend the
practice of giving Brandy and water in Systeopia.
Just before he left England the Dr. waited on him
properly to unde his former advice, having lost
so many of his patients die from kidneys which
thus recovered. As a substitute the may use
the Aromatic Spirits of Anomone in Tewame
water or other articles of this nature; they would
decidely cure Slighty Systeopia. A good
practice in this Complaint is regularly to
visit the puer every day, it will greatly
facilitate the cure.

A suspension of the accustomed Habits
of the body is an indication of disease and
we hail the return of these habits as the



most favourable omens and on which the greatest reliance can be placed.

In Convalescence it is generally recommended to remove all spell boxes, &c. &c. out of the sight of the Patients.

In conclusion, I must ~~forget~~ ^{about} the kind indulgence of those who may chance to peruse these unpolished pages for the very many inaccuracies which a Prof. in Medicine must necessarily commit in so arduous an undertaking, without deriving the advantage of the best of teachers, Practice and Experience to direct his steps.

Finish

